

**Keep Stomach and Bowels Right**  
By giving baby the harmless, purely vegetable, infants' and children's regulator.

**MRS. WINSLOW'S SYRUP**  
brings astonishing, gratifying results in making baby's stomach digest food and bowels move as they should at feeding time. Guaranteed free from narcotics, opiates, alcohol and all harmful ingredients. Safe and satisfactory.

At All Druggists

## DON'T DESPAIR

If you are troubled with pains or aches; feel tired; have headache, indigestion, insomnia; painful passage of urine, you will find relief in

### GOLD MEDAL HARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles and National Remedy of Holland since 1896. Three sizes, all druggists. Look for the name Gold Medal on every box and accept no imitation.

#### John's Discouragement.

Little John sat upon the stairs looking disconsolate.

"What's the matter, Johnny?" asked Cousin Isabel kindly.

"Well, you see, Cousin Isabel, they let me hold the baby on my knee, sometimes, though he can't even hold his head up straight. And they weigh him every single day, but since they began it he's gained only two pounds and three ounces. And I've just been thinking that I'll be an old, old man before that fellow'll be of any use on the team."

#### Real Dilemma.

Parker—What's wrong? You look worried.

Streeter—I am. I wrote two notes—one to my broker, asking him if he took me for a fool, and the other to Miss Golding, asking her if she would marry me. While I was out somebody telephoned "Yes," and I don't know which of them it was!"

The man who "also ran" in a political race usually has an empty purse as a souvenir.

## Is That Cold and Cough Hanging On?

YOU will be convinced that Dr. King's New Discovery does just what it is meant to do—soothes coughs, raw throats, congestion-tormented chests, loosens the phlegm pack and breaks the obstinate cold and gripe attack, relieves the congestion in the head. No harmful drugs, therefore good for children as well as grownups. Right away you will notice the change for the better. Has a convincing, healing taste that you will appreciate. Buy a bottle at any druggist on the way home to-night, 60c.

## Dr. King's New Discovery For Colds and Coughs

Lazy People, Lazy Bowels. Don't neglect constipation. It undermines the health, takes all vim out of you. Dr. King's Pills will invigorate the system, stir up the liver, move the bowels. All druggists, 25c.

## PROMPT! WON'T GRIPE Dr. King's Pills

**Loggett & Myers**  
**KING PIN PLUG TOBACCO**  
Known as "that good kind"  
Try it—and you will know why

## RAW FURS

Ship at once to  
**BACH FUR COMPANY**  
118-120 W. 27th St., NEW YORK, N. Y.

They Pay BEST Prices  
**Free Bait to Trappers**  
Write Today How to Get It and for Price List

**FROST PROOF CABBAGE PLANTS**  
Early Jersey, Charleston Wakefield, Succession, Flat Dutch. By Parcel Post, Postpaid, satisfaction or money back, 100—30c, 300—75c, 600—\$1.00, 1,000—\$1.75. By Express, 2 c. b. here, 1,000—\$1.30, 5,000 @ \$1.20, 10,000 @ \$1.10. Cauliflower, double above prices. D. F. JAMISON, Summerville, S. C.

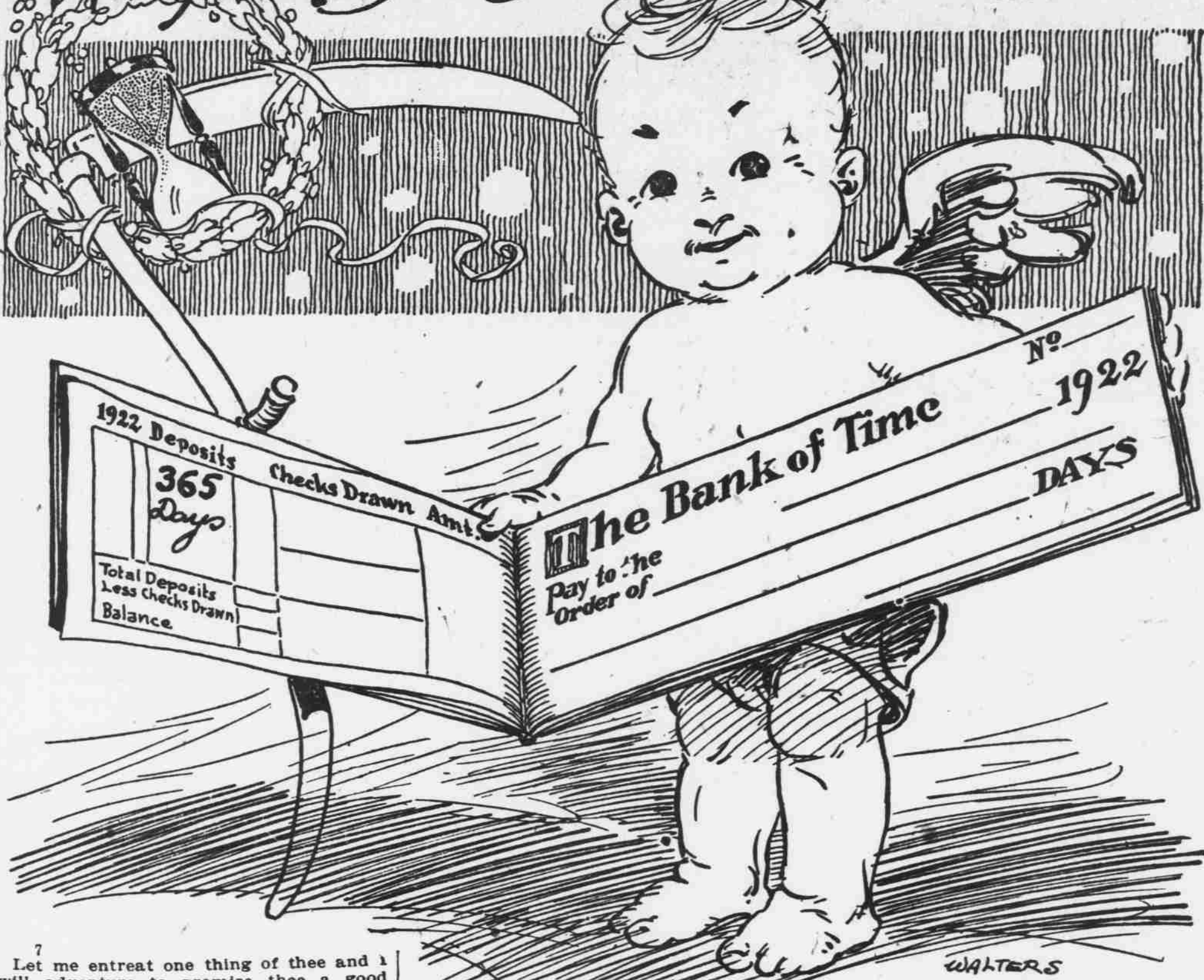
**Make Your Home Most Proof**  
Use Cedarene. Two-ounce can 25 cents. CEDARENE CO., MARTINS FERRY, OHIO

**FOR SALE—MIX COW PEAS**  
any quantity, \$2.00 bushel, F. O. B. LANES, S. C. S. W. McCLARY.

**320 Weekly—Pleasant work at home; no dressing, mailing circulars, distributing samples. Either sex; experience unnecessary. Instruct. etc. Add. Sales, Box 3301, Sta. D, Phila., Pa.**

**ASTROLOGICAL HOROSCOPE**  
Send birth date and loc. Tell your own fortune, chart 15c. Fortune Telling Cards, \$1 value, sample deck 25c. Agents wanted. Mary Publishers, 121 Norfolk, S. E., Roanoke, Va.

# What of the Checks?



Let me entreat one thing of thee and I will adventure to promise thee a good year. The request is in itself reasonable and may to thee be eternally profitable. It is only this: duly to prize and diligently to improve time for the blessed end it was given for and is yet graciously continued unto thee by eternal God.—REV. JOHN SHERMAN (1613-1685).

**By JOHN DICKINSON SHERMAN**  
HAT of the checks that you and I are going to draw on the Bank of Time in 1922—if we keep on drawing checks through the year?

"There's nothing new under the sun," according to a very old saying. It's true, too, in a sense. But in another sense it most certainly isn't true. For there is something new every time—New Year's day comes around.

There are several things that are new at New Year's beside the New Year. There's a new chance. There's a new responsibility. There's a new balance in the Bank of Time. There's a new bank book. So, what will the check stubs show at the end of the year?

Rev. John Sherman had a right to make his "reasonable request," if practicing what one preaches gives that right. His "three score and ten" were busy years. He was born at Dedham, Essex, England, and before he was twenty-one he was an A. B. and A. M. of Trinity college, Cambridge, a minister of the Church of England and a Puritan on his way across the Atlantic to the Massachusetts Bay colony. There was no church for him, since the only three in existence—Boston, Salem and Watertown—had efficient ministers. So he was one of the "original planters" of Wethersfield, Conn., and a "watcher," 1634-40. Then he was one of the founders of Milford, New Haven plantation. Next he was a magistrate representing Milford in the New Haven colony and also charged with the duty of dividing land. Meanwhile he preached wherever opportunity offered.

In 1647 he became the minister of the Watertown church. There he preached till his death in 1685. Church and state were pretty much the same thing in those days, so the village affairs kept him a busy man. He found time, however, to publish for many years an almanac, for which he made all the astronomical calculations and wrote the text. He was also the first fellow and overseer of Harvard university. Incidentally he also found time to marry twice. Cotton Mather in his "Magnalia Christi Americana," says he had 26 children; this is a misstatement, but he did have 16. His epitaph in Latin on the tombstone in East Waltham, Mass., thus sums up his life:

"Sacred to the memory of John Sherman, a man distinguished for piety, character and truth; a profound theologian; as a preacher a veritable Chrysostom; unsurpassed in his knowledge of the liberal arts, particularly mathematics; a faithful pastor of the Church of Watertown in New England; an overseer and fellow of Harvard college. After a life of faithful service to Christ in the church for upwards of 45 years in the fullness of time he passed away and received from Christ the palm of victory, in the seventy-second year of his age, August 8, A. D. 1685."

## New Year Gifts

As to the New Year's gift custom, it is supposed to have been derived from the Romans, but is probably much older. Suetonius and Tacitus mention it. Claudius issued a decree forbidding the demanding of presents except on New Year's day. The Roman colonists in Britain found that the Saxons kept New Year's in the same fashion. Starting as a pleasant, friendly custom, it rapidly became an

abuse and a nuisance. The kings and feudal nobility of the Middle Ages practically levied on their dependents for gifts. The presents varied according to sex and rank.

Let us hope that the "reasonable request" that this early Puritan put to himself was to him "eternally profitable." In any event, he stands forth as a fine sample of a sturdy American pioneer family that has given four immortals to the nation—Roger Sherman, one of the framers of the Declaration of Independence; General W. T. Sherman; Secretary of State John Sherman; Vice President James S. Sherman.

Certainly his request is one that is always reasonable. And it is one that was never more reasonable than now. The year 1922 is a year when every good American should endeavor "duly to prize and diligently to improve time." It is a year with a challenge. It is a year with a promise.

And it is a reasonable request to every red-blooded, thinking, patriotic American. Such a man knows that nobody can stand still; that he has either to progress or fall back. The progressive man accepts responsibilities as the measure of his capabilities. He never shrinks from them, for he recognizes in them the price he must pay for advancement.

Competition is going to be keen this year. The dollar is going to be hard to get. Men who have been getting twice what they were before and have had lots of money to spend are going to feel the pinch. It looks as if everybody who works for a living will have to work a little harder. It may be that life will seem hard. But what of it? Life has always been hard—perhaps it was meant to be. Anyway, it is something that has got to be lived and mastered. It's the business of men "to greet the unseen with a cheer" and "to advance on chaos and the dark."

Of course all of us cannot have a hand in the big things that must be done in meeting the challenge of 1922. But if all of us do the little things we may, 1922 will indeed be the "Happy New Year" of our greetings.

To save a little money,  
To praise a little more;  
To smile when days are sunny  
And when the tempests pour;  
To pay less heed to sinning  
And more to kindly thought;  
To see beyond the winning  
Just how the fight was fought;  
To be a little kinder,  
A little braver, too,  
To be a little blinder  
To trivial things men do,  
To give my hand to labor,  
Nor whimper that I must;  
To be a better neighbor  
And worthier of a trust.  
To play the man, whatever  
The prize at stake;  
God grant that I shall never  
These New Year pledges break.

Anyone looking for something to do in the way of helping along can help bolster up the morals of his community. The war has done what all wars do. And the leeches on society are always active at such times. Just now we are facing all sorts of loose living and the public at large apparently feels little concern. Any man or woman can at least help by setting a good example.

## FEAST DAY FOR RUSSIAN CHILDREN

In the country towns of Russia New Year's is the great feast day for the children. Boys fill their pockets with dried peas and wheat and go in bands from house to house. People they

have any grudge against are doused with the peas, while they shower the wheat upon their friends. A curious custom also is festooning the handsomest horse and leading him to the house of a nobleman. The pea and wheat shooters follow in droves. Both guests and horse are admitted to the parlor of the lord and the guests receive presents.

Berlin is to erect Europe's first skyscraper along American lines, a building 22 stories high.

A good American can help just now by putting his respect for the law strongly in evidence. For the law is the law. If it is a poor law, it should be changed. But until it is changed, it should be obeyed—whether it relates to the shooting of game birds or to the use of liquor or to the speed of automobiles or to murder or to anarchy. Many people who would hotly resent the charge that they are anarchists take delight in evading the laws and in making sport of the laws.

Every thinking man must realize that this Twentieth century civilization is too complex to be same, safe and sober. Medical philosophers are unanimous in declaring that we Americans live too hard and too fast; that our rapid ways are harmful both to the individual and to the race; that we should slow up. We are, to use the homely old phrase, burning the candle at both ends. Men try to succeed in business, to rule in politics, to be social leaders—all at the same time. To crowd dissimilar things together has become a national characteristic. Our avocations are often as wearing as our vocations; we play even harder than we work. Thus to crowd two or more lives into one is to borrow of nature. She is a hard creditor and she always exacts payment.

One cannot, of course, indict a whole people. There are still millions of sane, safe and sober people in America. But a society that demands or even countenances such recklessness is in need of reformation. It would be interesting—and startling—to know how many men and women put themselves in an early grave by going the pace that kills.

## The Kitchen Cabinet

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Don't idly dream! Great deeds await your doing.  
Deeds that will live, and you in them may live.  
Noble your thoughts, each day your strength renewing,  
Be you but true, that strength your faith shall give.  
Life striving round you bids you, then awaken;  
Look where the future grandly stands in view!  
In God press onward! Be your trust ne'er shaken,  
Don't idly dream, but do!

### FISH DISHES

As canned fish is available in any market, these dishes are seasonable at any time. Salt codfish is in the market, put up in boxes and a most satisfying dish of this is easy to prepare.

**Salt Cod en Casserole.**—Wash and soak one pound of salt codfish in water to cover for several hours. Drain and flake in small pieces. Cover with boiling water and simmer before flaking. Melt three tablespoonfuls of butter, add one small onion cut in slices and cook slowly for five minutes. Add the fish which has simmered ten minutes, one cupful of boiled rice and two cupfuls of canned tomato. Pour into a casserole, cook for thirty minutes. Season well before serving.

**Fish Cutlets.**—Melt three tablespoonfuls of butter, add one-half tablespoonful of finely chopped onion and two tablespoonfuls of chopped pineapple. Cook slowly for five minutes, stirring constantly. Add one-third of a cupful of flour and when well mixed stir in one-half cupful of milk and the same amount of cream or condensed milk. Cook until smooth and thick, add two cupfuls of flaked fish, salt and paprika to taste. Shape into small cutlets, dip in egg and crumbs and fry in deep fat. Drain on soft paper and serve with a good sauce.

**Molded Fish Salad.**—Flake one-half pound of tuna fish or salmon. Mix with one cupful of diced celery, one tablespoonful of chopped green pepper, two tablespoonfuls of chopped olives and three-fourths of a cupful of salad dressing. Add two tablespoonfuls of vinegar and season with salt and pepper. Soak two tablespoonfuls of gelatin in one-fourth of a cupful of cold water for five minutes, dissolve by placing over hot water, then stir into the mixture of fish. Turn into small molds rinsed with cold water and set away to chill. Serve on lettuce or water cress and garnish with celery, strips of green pepper or parsley.

We hear a great deal about the psychology of color in the interior decoration of the home, the theater and the stage, as well as in dress. The effect of color on appetite is just as marked and fully as important.

### GOOD THINGS TO EAT

An attractive variety of cookies may be made from one recipe, using different

flavorings, animal shapes and letters, all kinds of dried fruits, nuts, and colored sugar if desired. The following is a good foundation recipe:

**pe:** Take one-half cupful of butter, one cupful of sugar, two eggs, one-quarter of a cupful of milk, two cupfuls of flour and one teaspoonful of baking powder. Mix and chill the batter well before rolling, adding any flavor or nuts and fruit which appeal to the taste.

The above mixture, flavored with rose and baked in a sheet, may be cut in fancy shapes, decorated with pink frosting and pistachio nuts in the form of a rose, with green stem and leaves.

**Spice Nuts.**—To one cupful of sugar add two teaspoonfuls of butter and, when well mixed, add two well beaten eggs, one cupful of flour, one-quarter of a cupful of finely shredded citron, one-half teaspoonful of cinnamon, one-quarter of a cupful of almonds, one-quarter teaspoonful each of allspice and cloves. Mix in the usual order and add flour enough to make the balls the size of hickory nuts. Place on buttered tins an inch apart and bake until a light brown. They may be dipped in chocolate or any fondant, if desired.

**Coffee Sponge Baskets.**—Prepare a sponge cake and bake in gem pans. For filling, add three tablespoonfuls of coffee to one and one-half cupfuls of milk. Place in the top of a double boiler and scold. When the coffee is well cooked, strain through a cheese-cloth. Mix together one-half cupful of sugar, four tablespoonfuls of flour, the yolks of two eggs and one-fourth of a teaspoonful of salt. Pour the scalded milk over this gradually, stirring constantly. Return to the double boiler and cook fifteen minutes. Cool and add two stiffly beaten whites, one-half cupful of walnut meat and one-half teaspoonful of vanilla. Hollow out the cakes, fill with the filling, top with whipped cream and place a handle cut from an orange or use a strip of angelica.

Nellie Maxwell

## Sure Relief FOR INDIGESTION

**BELLANS**  
6 BELLANS Hot water Sure Relief  
25¢ and 75¢ Packages, Everywhere

## GOWANS

IT PENETRATES FOR COLDS, CROUP, PNEUMONIA  
30¢, 60¢, \$1.20 At Druggists

### No Offense.

Chairman Lasker of the shipping board said, in an interview:

"These men are taking needless offense. They were taking offense where none is intended."

"A tall, gaunt, vinegar-faced woman walked into Wawa station one day and said to the ticket agent:

"Gimme a ticket for Chester Heights."

"Single?" asked the agent.

"The woman's eyes flashed steely sparks."

"None o' yer darn business," she hissed. "Gost knows, though, I might have married a dozen times over if I'd been willin' to grubstake some shiftless, putty-faced monkey like yerself."

### Her Only Chance.

Inconceivable—Does she dance badly?

Quintal—Yes, if the chaperones aren't looking.—Pelican.

## USE SLOAN'S TO WARD OFF PAIN

LITTLE aches grow into big pains unless warded off by an application of Sloan's. Rheumatism, neuralgia, stiff joints, lame back won't fight long against Sloan's Liniment.

For more than forty years Sloan's Liniment has helped thousands, the world over. You won't be an exception. It certainly does produce results.

It penetrates without rubbing. Keep this old family friend always handy for instant use. Ask your neighbor.

At all druggists—35c, 70c, \$1.40.

## Sloan's Liniment

## Travel by Sea

### Norfolk to

BOSTON.....Wed. Sat. 4:00 P. M.

BALTIMORE.....Mon. Thur. 4:00 P. M.

Meals and Berth included on Steamer.

Through tickets from principal points.

**Merchants & Miners Trans. Co.**

A. E. Porter, G. A., Norfolk

### Health—Rest—Economy

**WINTERSMITH'S CHILL TONIC**  
NOT ONLY FOR CHILLS AND FEVER BUT A FINE GENERAL TONIC.

## Shave, Bathe and Shampoo with one Soap.—Cuticura

Cuticura Soap is the favorite for safety razor shaving.

## PARKER'S HAIR BALM

Removes dandruff—Stops Hair Falling—Restores Color and Beauty to Gray and Faded Hair—Keeps the Scalp Healthy—Prevents Itching—Eliminates Grease, Itchiness, etc.

## HINDER CORNS

Removes Corns, Calluses, etc., stops all pain, ensures comfort to the feet, makes walking easy. Use by mail—\$1.00 at drug stores. Hilex Chemical Works, Patheco, N. Y.

## EYES HURT?

Don't ignore the danger signals of aching eyes, red lids, bloodshot eyeballs. Mitchell's Eye Salve removes irritation, reduces inflammation, soothes pain.

HALL & BUCKLE  
147 Waverly Pl., New York

### For CROUP, COLDS, INFLUENZA & PNEUMONIA

Mothers should keep a jar of Brane's Vapo-R-Mentha Salve convenient. When Croup, Influenza or Pneumonia threatens this delightful salve rubbed well into the throat, chest and under the arms, will relieve the choking, break congestion and promote restful sleep.

**BRANE'S VAPOR-MENTHA SALVE**  
WILL SOOTHEN THE THROAT  
30c, 60c, and \$1.20 at all drug stores or sent prepaid by Brane Drug Co., N. Wilkesboro, N. C.

### Oranges and Grape Fruit

direct to consumer. For \$2 we will ship you a dainty family size box delicious Oranges and Grape Fruit assorted. Send us your orders. Moody & Williams, Orlando, Florida.

## ITCH!

Money back without question if HUNT'S GUARANTEED ITCH REMEDIES (Hunt's Salve and Soap), fail to relieve the treatment of Itch, Eczema, Ringworm, Tetter or other itching skin diseases. Try this treatment at our risk. Sold by all reliable druggists.

A. B. Richards Medicine Co., Sherman, Texas

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